



Psychotropic Medications: It's more than a prescription

From DD Behavior Analysis Team : Risk Prevention Tidbits
For Residential Service Providers



Housekeeping

- Who are the presenters?
- Who are the participants?

Please

- Mute on entry
- Utilize the chatbox

Objectives

- Know your role in supporting people that have been prescribed psychotropic medications
- Learn strategies to help the person receive the care they need
- Identify resources beyond psychotropic medications

Why is taking psychotropic medication risky?

What are psychotropic medications?

- Medications that are being used to control behaviors.
- Any medication that affects the mind, emotions, and behaviors.
- Prescription or over-the-counter

Common reasons meds are used

- Insomnia
- Difficulty concentrating
- Irritability
- Crying unrelated to sad events
- Lack of motivation to be engaged in meaningful activities
- Suicidal thoughts
- Poor memory and concentration
- Mood Instability
- Aggression / Self-Injurious Behavior

We need to figure out what actions are associated with the reasons meds are prescribed

- These can be different for each person
- Must be observable and measurable the same by all people

Common side-effects

- Swallowing / choking issues
- Dizziness
- Weakness
- Sleep Issues
- Constipation
- Mood Instability
- Memory Problems
- Agitation / Aggression / Mood or Behavior Changes
- Loss of Appetite
- Dry Mouth
- Nausea/ Head Aches / Upset Stomach

Knowing your role

- Help medical provider to determine the specific actions/symptoms
- Administer as directed
- Take data
- Share data
- Facilitate frequent communication between all treatment team members

What kind of data?

- Time stamp of when meds are taken
 - Name and dosage of med
- Time stamp of when the behavior for which the meds are prescribed (or common side-effects) occurs
- Other changes in behavior, eating/sleeping habits, etc.

But it's more than just taking data...

- Share the data with all members involved in caring for the person (treatment team)
- Do this regularly and frequently

Things we recommend

- Safety crisis plan
- Skills teaching
- Keep taking data
- Communication must be both to the medical provider and from the provider
 - Use the team communication form

Safety crisis plan

A risk mitigation plan that helps staff know what to do when specific behavior unique to the person is happening

Resources:

[Template](#)

[Assessment](#)

[Training](#)

Teaching specific skills Daily

- Each outcome in the ISP should have specific skills tied to it that are being taught regularly
(could be social skills, functional communication, replacement skill for problem behavior for which meds are prescribed)
- Pay off good behavior

Data... Data... Data

- Is it working? Are things getting better/worse?
- If things are getting worse, or failing to get better, medications should be reevaluated

What else might be helpful?

- Tiered Supports
- Technology Supports
- Community Integration
- Behavior Services
- Behavior Support Review Committee
- Employment Services
- Counseling
- Medical eval

Previous Training:

- Monitoring Psychotropic Medication

Next Steps

Look for upcoming opportunities to learn more:

[Additional webinars](#)

[Virtual workshops](#)

[Provider Support Committee](#)

Q&A

- Any “fuzzies” floating around?
- What are some other things you’ve tried?
- What are some barriers to the things we’ve discussed today?
- How might you overcome these barriers?
- How might we do better at helping you?

Presenter Contact Information

Rhi Evans, MS, BCBA, LBA

Statewide Risk Prevention Coordinator

Rhiannon.Evans2@dmh.mo.gov

Lucas Evans, MA, BCBA, LBA

Central Area Behavior Analyst

Lucas.Evans2@dmh.mo.gov